



**CABINET FOR HEALTH AND FAMILY SERVICES  
OFFICE OF THE SECRETARY**

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**June is Men's Health Month**

*52 Weeks of Health Campaign Spotlight: Make Father's Day Men's Health Day*

**FRANKFORT, Ky.** (June 5, 2017) – As Part of the 52 Weeks of Public Health campaign, the Kentucky Department of Public Health (DPH) within the Cabinet of Health and Family Services (CHFS) is encouraging men to make their health a priority while celebrating Father's Day. Here are recommended tools to start.

**Get Good Sleep**

Adults need between 7-9 hours of sleep. Insufficient sleep is associated with a number of chronic diseases and conditions, such as diabetes, cardiovascular disease, obesity, and depression. Also, poor sleep is responsible for motor vehicle and machinery-related accidents.

**Toss out the Tobacco**

It's never [too late to quit](#). Quitting smoking has immediate and long-term benefits. It improves your health and lowers your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.

Avoid [secondhand smoke](#). Inhaling other people's smoke causes health problems similar to those that smokers have. Babies and kids are still growing, so the poisons in secondhand smoke hurt them more than adults.

**Move More**

Adults need at least [2½ hours](#) of moderate-intensity aerobic activity every week, and muscle strengthening activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) on two or more days a week. You don't have to do it all at once. Spread your activity out during the week, and break it into smaller amounts of time during the day.

**Eat Healthy**

Eat a variety of fruits and vegetables every day. Fruits and vegetables have many vitamins and minerals that may help protect you from chronic diseases. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol.

**Stay on Top of Your Game**

See your doctor or nurse for checkups. Certain diseases and conditions may not have symptoms, so checkups help identify issues early or before they can become a problem.

It is important to point out that Kentucky is one of the unhealthiest states in our nation; but, a few healthy lifestyle choices could change this. First, [eating normally proportioned helpings of nutritious](#)



[foods including at least five fruits and vegetables](#) a day can lower weight and reduce heart disease and diabetes. Second, [exercising about 30 minutes per day](#) can lower blood pressure. Third, [avoiding the use of tobacco products](#) can reduce several types of cancer. Finally, making sure you get your [needed preventive screenings](#) can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your [recommended vaccinations](#) can prevent acquiring disease in the first place.

Throughout the planned 52 Weeks of Public Health promotion, DPH will spotlight a specific public health issue. Additional information about the campaign is available on the DPH website: <http://chfs.ky.gov/dph/default.htm> and will be posted on the CHFS Facebook page: <http://www.facebook.com/kychfs> where Kentuckians are encouraged to like and share posts among their networks of friends.

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*The Cabinet for Health and Family Services is home to most of the state's human services and healthcare programs, including the Department for Medicaid Services, the Department for Community Based Services, the Department for Public Health, and the Department for Behavioral Health, Developmental and Intellectual Disabilities. CHFS is one of the largest agencies in state government, with nearly 8,000 full- and part-time employees located across the Commonwealth focused on improving the lives and health of Kentuckians.*